

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:10–08:25	FE-1	Private family conference (<i>VHF</i>)
08:15–08:20	FE-2	ACS CDMK CO2 read
08:15–08:55	CDR	Maintenance of COX
08:35–08:40	FE-1	Calldown of CП counter status
08:40–08:45	FE-1	Calldown of CBO water supply status
08:45–08:50	FE-1	ELEKTRON-VM: monitoring air quantity in the gas/liquid mix
10:00–11:30	CDR	Physical exercise (RED)
11:30–12:30	CDR	Physical exercise (TVIS)
11:30–12:30	FE-1	Physical exercise (VELO + Load Trainer-1 / day 3)
12:30–13:30		LUNCH
13:30–13:45	FE-2	Private psychological conference (<i>S-band</i>)
13:45–14:00	CDR	Private psychological conference (<i>S-band</i>)
14:50–15:05	FE-2	Private family conference (<i>S-band</i>)
15:35–15:40	FE-2	ACS CDMK CO2 read
15:40–15:45	FE-2	IMS file auto import/export
15:45–16:45	FE-2	Physical exercise (TVIS)
16:30–16:45	CDR	Private family conference (<i>S-band</i>)
16:45–18:15	FE-2	Physical exercise (RED)
16:45–18:15	FE-1	Physical exercise (TVIS-3)
18:15–18:45		Daily plan review
18:45–19:15		Prep for work
19:15–19:30		Daily planning conference (<i>S-band</i>)
19:30–20:00		Daily food prep
20:00–20:30		DINNER
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US procedures

End of radiogram